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COURTESY PACIFIC DANCEARTS

Reflecting on Katrina

NATURAL DISASTERS

Paramedic urges more emergency preparedness

Thandi Fletcher
Metro | Vancouver

A decade has passed since Hurricane Katrina battered the Gulf Coast, but Vancouver paramedic Tim Lehman still remembers the deafening silence after the storm.

It reminds him of the slow U.S. government response to the disaster and the potential for Vancouver to find itself in the same situation.

"Growing up in Vancouver, you're used to the sounds of seabirds, wildlife and sounds of the city," he said. "But it was absolutely stone quiet. The air was just still."

Lehman was one of 56 members of Vancouver's Heavy Urban Search and Rescue team (HUSAR) who arrived in Louisiana on Aug. 29, 2005, the same day Hurricane Katrina made landfall.

The team, made up of members from medical, emergency response, fire, engineering and search-and-rescue backgrounds, were among the first rescue workers to arrive — even before the U.S. government deployed the majority of its emergency responders.

As they drove in St. Bernard, a parish southeast of New Orleans that had yet to receive any relief, Lehman recalled the shocking amount of debris — cars, boats, sea barges — strewn across roads, if they weren't already flooded.

"There were 50-foot fishing and shrimp boats that were picked up and thrown in-land," he recalled.

Then came the smell.

As the city's flooded canal system started to drain, dead animals — from family pets to farm animals and wildlife — surfaced and started to decompose. Deep-water fish sucked up by the storm lay strewn across the pavement, baking in the 40 C weather.

Lehman said the HUSAR team worked 18-hour days and carried out rescues of about 150 people, many of whom were injured or short on critical medication.

Local governments could learn many valuable lessons, Lehman said, especially as this region grapples with fears of what might happen when a massive earthquake, the "Big One," strikes.

While Vancouver's HUSAR team has helped many other cities, Lehman said the crew would likely be overwhelmed in such an emergency and would need to rely on other urban search-and-rescue teams to assist.

He urged governments to ensure they are adequately prepared before disaster strikes.

"I think we could be doing more," he said.

PAGES 16 & 17: Metro's Rosemary Westwood reports from New Orleans

[Simons job fair:]

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Africa's penguins are in peril. **World**

Aquarium vet denies whale is self-harming

ANIMAL ISSUES

One Green Planet blog post pointed to chin cut

Emily Jackson
Metro | Vancouver

Yes, Chester the false killer whale at the Vancouver Aquarium has a cut on his chin, but no, it's not a sign of self-mutilation, the aquarium's head veterinarian said Thursday.

Head vet Dr. Martin Haulena was responding to a One Green Planet blog post that suggested the wound means Chester is self-harming in captivity. The post, which was shared hundreds of times on social media Thursday, is based on observations from marine biologist and orca expert Dr. Ingrid Visser, who is not a veterinarian.

"It's completely false," Haulena said, instead comparing the young whale's cut to his son skinning his knee.

"He's doing awesome. He is an interesting little baby whale, that's for sure. He's certainly running around figuring things out for himself. He certainly bumped his chin and he's certainly going to bump it again."

The young whale has taken to bumping his face against the window of his enclosure when people aren't paying enough attention to him, Haulena said. But he insists that's all just part of life for the one-year-old, who was rescued last summer after being stranded by his mother when he was two months old.

"He's going to explore his environment, he's going to play with new toys we give him, he's going to get scratches and abrasions and nicks. That's part of being alive and swimming around."

When the marine science team found Chester on a beach near Tofino, there was a massive cut on his chin, Haulena said.

"The cut was the least of his worries. This guy was pretty much a near-dead animal, so it's kind of funny that the chin is the big issue," he said.

Haulena expects the cut will re-open from time to time — and that he'll be answering questions about it (and Chester's floppy dorsal fin) for the rest of his career.

"I think if you saw him when he was first stranded to see him progress to where he is now … you see this incredible zest for life."

Chester was rescued as a debate about cetaceans in captivity raged in Vancouver. Scientists, including Visser, advocate for netted ocean bays instead of man-made enclosures for rescued cetaceans like Chester that cannot be released.

Chester, the baby false killer whale at the Vancouver Aquarium, was rescued on July 10, 2014, when he was stranded at just two months old. An advocate group has raised concerns reposted by hundreds online. COURTESY OF THE VANCOUVER AQUARIUM

COURT

Pickton victim awarded $45,000

Whatever happened to a woman inside a trailer amounts to sexual assault, says a judge who must decide whether serial killer Robert Pickton's brother should pay costs.

B.C. Supreme Court Justice George Macintosh said a jury decided that David Pickton's actions were at the "modest end."

He either "slapped her on the ass" or allegedly felt her genitals through her jeans and threatened to rape and kill her, Macintosh said.

"He's an unorthodox man, there's absolutely no doubt about that. He's rough and he's tough and he certainly behaves in ways that probably most of us are not enamoured of," Macintosh said.

"But there is such a spectrum of dispute as to what happened in the trailer."

David Pickton was convicted more than two decades ago for the 1991 attack on a woman at a construction site in Burnaby.

Lawyers were in court Thursday seeking a decision on costs after the civil trial over the matter concluded in June.

Jurors awarded the woman $45,000, including $20,000 in punitive damages, in part for finding that Pickton had inflicted lasting psychological trauma. She had been seeking upwards of $1 million. Pickton was fined $1,000 when he was convicted and handed one year's probation.

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Missing scuba diver's body found

JUAN DE FUCA STRAIT

Military veteran failed to surface in undertow

Matt Kieltyka
Metro | Vancouver

A British man who went missing while scuba diving in British Columbia has been found dead, the B.C. Coroners' Service confirmed.

The service announced Thursday that they have identified the body of a scuba diver found near Race Rocks, southwest of Victoria, on Aug. 23 as 28-year-old Timothy Chu.

Chu, on vacation in B.C., was reported missing July 5 after being separated from his divemaster while scuba diving at the marine ecological reserve near the Juan de Fuca Strait and failing to surface.

An extensive search for him, prolonged thanks to an international petition by his family that garnered thousands of signatures, failed to turn up any sign of the experienced diver.

At the time, his brother Daniel told Metro that Chu — a military veteran named 2011 soldier of the year by the Guild of Freemen of the City of London and a Metropolitan Police special constable — was "skilled in survival" and "no stranger to challenge."

He was certified as an Advanced Open Water Diver with PADI, the Professional Associated of Diving Instructors, which is one of the worldwide standards for recreational diving.

According to a statement from his family, Chu was last seen removing a weight belt to become more buoyant after an undertow separated him from his divemaster.

He was due to begin training to become a lawyer in London, England in September.

WITH FILES FROM THANDI FLETCHER

Timothy Chu CONTRIBUTED

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MAPLE RIDGE

Winter shelter opens for tent city

Shelter is finally coming for some of the homeless who have been camping on Cliff Avenue in Maple Ridge since May, the city announced Thursday.

A new 40-bed temporary shelter is set to open in October and operate until March, which the city hopes will be the first step toward permanently housing the approximately 60 people currently homeless outside the Salvation Army's Caring Place and peacefully shutting down the homeless camp.

"We really wanted to find a solution for people that have been unsheltered for now," said Maple Ridge general manager of community development and parks and recreation services Kelly Swift. "It hasn't been easy. Our local shelters were full and there has not been an easy place for 60 people to go."

> **Our local shelters were full and there has not been an easy place for 60 people to go.**
> Kelly Swift

The city, which has hired four outreach workers to assess the needs of campers and has been pressuring BC Housing and the provincial government to find long-term housing solutions for campers, hopes the shelter will help get people out of the camp and better link in with social services.

Approximately 30 people at the camp have already been placed into housing since it began, Swift added.

So far, the city has resisted going to court to shut down the camp via injunction (as Vancouver and Abbotsford have done recently), opting instead to work with campers.

However, Swift said the city intends to start winding down the camp once the temporary shelter is open.

NDP MLA David Eby has been critical of the B.C. government's response to the homelessness crisis in Maple Ridge.

"I can't believe it took so long for the province to act on the tent city in Maple Ridge," he told Metro. "I'm glad they've taken some action because things were escalating."

MATT KIELTYKA/METRO

IN BRIEF

Mother fears father took nabbed children to Iraq

Alison Azer's four kids, who are three, seven, nine and 11, were legally allowed to travel to France and Germany earlier this month, but they did not return as scheduled on Aug. 21.

A Canada-wide warrant has been issued for Saren Azer, who is also known as Salahaddin Mahumudi-Azer.

Alison Azer says she's been concerned for a long time that he would take their children and believes they may be in northern Iraq. THE CANADIAN PRESS

Mayor backs Trudeau's plan for city investments

Vancouver Mayor Gregor Robertson is a big fan of Liberal Party leader Justin Trudeau's plan to invest in cities.

Robertson sent a statement Thursday lauding Trudeau for his announcement promising to invest in major infrastructure such as transit, transportation and affordable housing.

"I look forward to hearing similar commitments from all of the federal parties and their leaders," Robertson said.

EMILY JACKSON/METRO

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Ballerina wakes from coma

BRAIN INJURY

Doctors upgrade condition to moderate

Emily Jackson
Metro | Vancouver

Two weeks ago, North Vancouver's dance community suffered a devastating blow when 21-year-old ballerina Lucila Munaretto sustained severe head injuries in a rollerblading accident on a steep section of Lonsdale Avenue.

But in a remarkable turn of events, the young Argentinean dancer who is living and training in Canada has made extraordinary leaps toward recovery after waking up from her coma on Tuesday.

By Thursday Munaretto was cracking jokes, sitting up in bed and telling the nurses she needs to recover quickly so she can start dancing, said Katie Bois, rehearsal director at Pacific DanceArts.

"She said all she wants to do is a penchee," Bois said, referring to the ballet position where a dancer leans forward and raises a leg behind them.

"It's now looking like (a full recovery) may be possible."

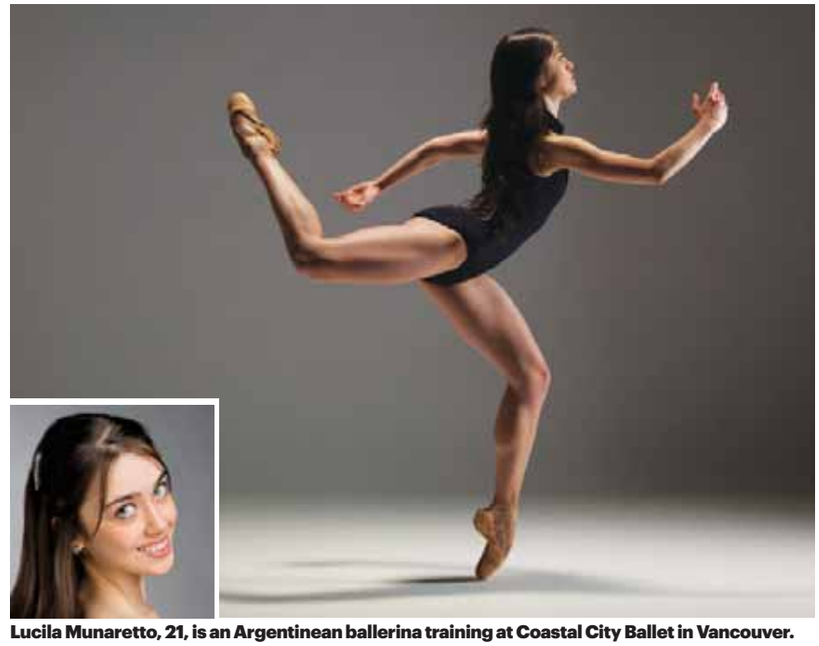
That's a far cry from Munaretto's prognosis last week. Doctors have since downgraded her brain injury from severe to moderate, Bois said, and the surgeon said her broken jaw has made a five-week recovery in just 10 days.

"We are told it is a miracle," Coastal City Ballet wrote in an update to its Go Fund Me page for Munaretto's recovery.

The academy continues to raise money for Munaretto's rehabilitation.

It has already raised $37,690 and used some of the money to fly in her mother from Argentina.

"I have to get strong very fast because I have to dance."
Lucila Munaretto



Lucila Munaretto, 21, is an Argentinean ballerina training at Coastal City Ballet in Vancouver.
COURTESY OF PACIFIC DANCEARTS

Munaretto keeps saying thank you, Bois said, and recorded a voice message for people who have been supporting her.

"She obviously has moments of sadness, but she's also pretty determined already."

IN BRIEF

B.C. judge reserves decision in Christian law school battle over accreditation

A B.C. Supreme Court judge has reserved a decision in the battle between the province's law society and a Christian university.

Trinity Western University wants the court to overturn a decision by the Law Society of B.C., denying accreditation to graduates of its proposed law school.

A three-day judicial review wrapped up Wednesday.

At issue is the university's requirement that all students sign a so-called community covenant, which prohibits sex outside of marriage between a man and a woman.

The university defends the covenant, arguing it is protected under charter provisions covering freedom of religion.

However, the law society says signing the document violates same-sex equality laws.

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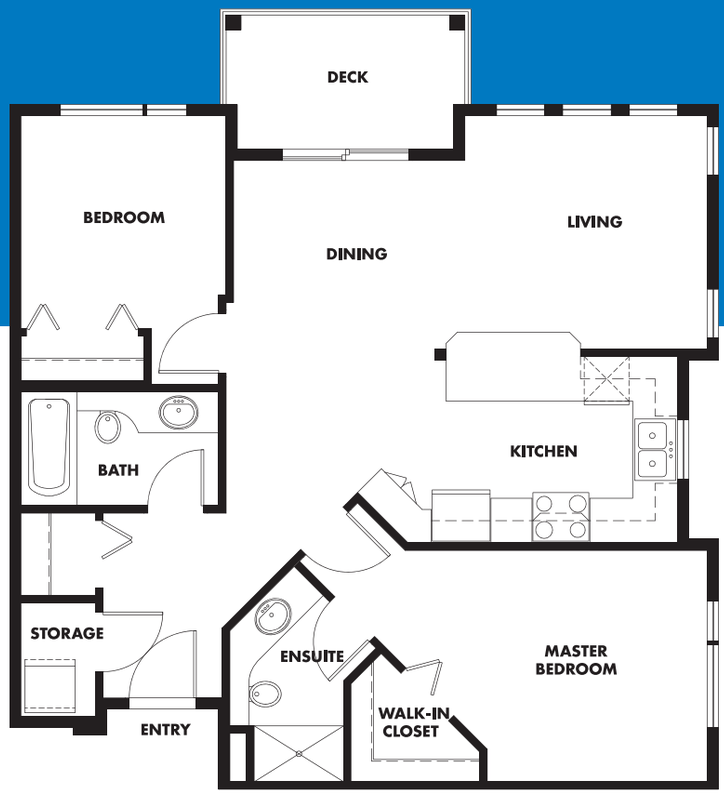

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TEXT AND PHOTOS: AMY LOGAN/FOR METRO

Sandstone cliffs constantly erode, creating little caves and graceful formations.

The ferry glides through Active Pass.

A brightly coloured starfish at low tide.

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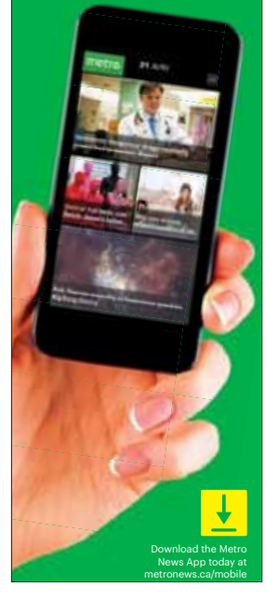

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Fringe closer than you think

BACKSTAGE PASS

A look at the strange and stellar acts on opening night

Graeme McRanor
For Metro | Vancouver

The Wonderheads will help kick off the Vancouver Fringe Festival on Sept. 8. COURTESY DESIGN EGG

Bad news: summer's almost over. Good news: fall arts events are just around the corner.

Better news: the season kicks off with one of the best of them all: the Vancouver Fringe Festival, which starts Sept. 10 and runs until Sept. 20 at various venues around town.

So let's talk about opening night, which takes place Sept. 8 and features the highly inventive Wonderheads (Grim and Fischer, Loon, The Middle of Everywhere), Yanomi Shoshinz (Kiss Around Pass Around), Trent Baumann (the Birdmann), Chris Ross and Travis Bernhardt (Chris & Travis) as well as music by Tanga and Tonye Aganaba.

"I wanted to present a show at opening night with artists that Fringe audiences adore that would also feature unique material and a deeper look at the inspiration behind their shows," says Fringe executive director David Jordan. "Wonderheads are so entertaining, and their influences are fascinating.

"Follow that up with bands that get people moving, and you have a perfect night out."

Mingle with Fringe artists before the show while enjoying hors d'oeuvres and tasty beverages courtesy of Dockside Restaurant, Emelle's Catering, The Keg, Big Rock Brewery, Barefoot Wine & Bubbly and The Liberty Distillery.

The VIP reception and opening night is at Performance Works (1218 Cartwright St.) and costs $100 (includes complimentary food and drink from aforementioned suppliers). It's also a fundraiser for the Fringe, so you can get a tax receipt for $50. You can also just attend the concert portion for $20.

The Vancouver Fringe Festival features 108 shows during its 11-day run. Next week, I'll feature some of the can't-miss acts. More information can be found at VancouverFringe.com.

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GWAR is coming! GWAR is coming! What's GWAR, you ask? From Live Nation's advancer: "For those of you who were just born, GWAR is a group of alien monsters who were banished to Earth millions of years ago as punishment for their cosmic crimes. GWAR was frozen in the wasteland of Antarctica, to wait for the cosmic summons that would herald their return to the stars. But fate intervened, and GWAR was de-thawed by global warming."

Now you know. GWAR performs Oct. 16 at the Commodore, with guests Cryptopsy and Battlecross. Tickets on sale now at LiveNation.com.

IN BRIEF

Smoke casts pall over some Okanagan businesses

Heavy smoke sweeping in from Washington state wildfires is causing some tourists to blow off their Okanagan vacations, say businesspeople around Kelowna.

"Business has slowed down quite a bit because of the air quality, and the smoke has cooled down the lake quite a bit," said Rylie Gallagher, owner of Kelowna Wibit Water Park.

He said business has decreased by a third to a half in the last few days.

"This was expected to be one of our last strong weeks," he said. "We're going to take a bit of a hit with the smoke."

Gallagher said he hopes Labour Day weekend will bring an influx of customers.

Nancy Cameron, Tourism Kelowna CEO, said local hotels have taken a hit as well.

THE CANADIAN PRESS

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DUFFY TRIAL

Emails suggest PMO's interest in audit

Testimony and emails from the trial of Sen. Mike Duffy suggest the Prime Minister's Office was invested in the outcome of a Deloitte report into his housing expenses, with the auditing firm still facing questions about the integrity of its investigation.

Deloitte was the forensic accounting firm the Senate hired in 2013 to comb through the expenses that Duffy, Sen. Patrick Brazeau and Mac Harb, who has since resigned from the Senate, claimed for their so-called secondary residences within 100 kilometres of Parliament Hill.

Their findings formed the basis of three separate reports tabled by the Senate standing committee on internal economy, budgets and administration on May 9, 2013, which were nearly identical but for key language admonishing Brazeau and Harb that was missing from the report on Duffy, which also noted he had already repaid $90,172 in housing claims.

It was later revealed that money came from Nigel Wright, who was then chief of staff to Prime Minister Stephen Harper. Documents filed in court by the RCMP in relation to their investigation into Duffy suggest Conservative senators on the subcommittee in charge of the report on Duffy had, at the behest of the PMO, made sure it would go easy on him.

Emails released through the court indicate that was actually the back-up plan, after earlier attempts by the PMO to ensure repayment by Duffy would render the Deloitte investigation moot did not pan out. Those attempts involved having Conservative Sen. Irving Gerstein reach out to contacts at Deloitte, according to key emails entered into evidence in court. TORSTAR NEWS SERVICE

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Liberal Leader Justin Trudeau introduced his party's infrastructure plan, a key plank in the Liberal platform, in Oakville, Ont., Thursday. PAUL CHIASSON/THE CANADIAN PRESS

Do budgets show party policy shifts?

ELECTION 2015

Grits vow to spend billions as NDP pledge balanced books

Justin Trudeau is out to build some campaign momentum with a big-ticket, multibillion-dollar infrastructure plan — and Stephen Harper is wasting no time in trying to tear him down.

Trudeau's campaign event Thursday in Oakville, Ont., complete with a crane and supporters wearing red hard hats, was framed as a major plank in the Liberal platform — one aimed at both stimulating a faltering economy and shoring up the country's crumbling roads, bridges and public facilities.

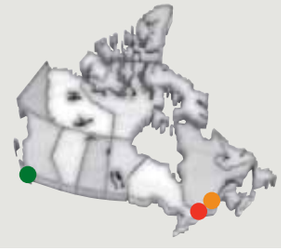
He billed it as a necessary investment in future generations, one that would require a Liberal government to run modest, short-term deficits until 2019 in order to kick-start the economy.

That willingness to leave the budget out of balance has separated Trudeau from Harper and, in a surprising role reversal, NDP Leader Tom Mulcair, who both say they would bring in balanced budgets immediately.

It's all made for a dizzying U-turn on the Canadian political spectrum: the Liberals openly acknowledging a plan to spend billions and run deficits, and the NDP insisting they have found religion when it comes to the merits of balanced books.

"I will be open and transparent and tell the truth about our plans and I certainly hope Mr. Harper and Mr. Mulcair will begin to be open and transparent about their plans," Trudeau said. THE CANADIAN PRESS

WHERE THE LEADERS ARE FRIDAY



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- **Elizabeth May** will be in Courtenay, B.C.

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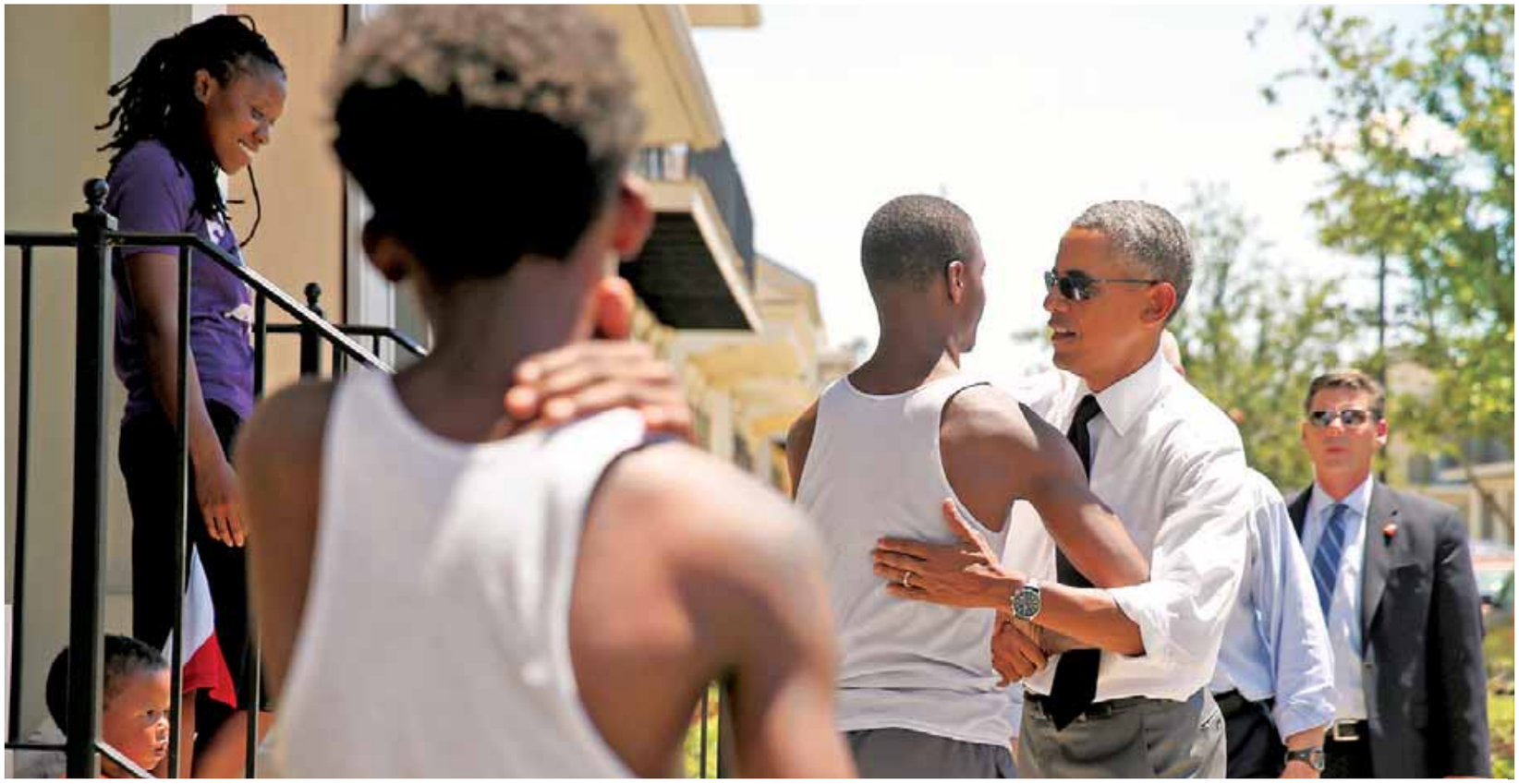

U.S. President Barack Obama greets residents in the the Tremé neighbourhood in New Orleans Thursday, marking the 10th anniversary since the devastation of Hurricane Katrina. Tremé, which borders the French Quarter just north of downtown, is one of the oldest black neighbourhoods in America. ANDREW HARNIK/THE ASSOCIATED PRESS

SPECIAL FEATURE

New Orleans' recovery forced the Crescent City open to the visions, dreams and agendas of outsiders, and now some fear too much has been given away. Metro's Rosemary Westwood reports.

Battle for the new Big Easy

This is the final instalment of a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Hurricane Katrina.

U.S. President Barack Obama had words of praise for the city of New Orleans, as he stood in the city's Lower Ninth ward to mark the 10-year anniversary of Hurricane Katrina.

New Orleanians are an example of good people coming together in the face of tragedy and hardship "to build a better future," he said.

But whether what's being built is a better future depends on who you ask. For some locals, it's not even a matter of what has been built, but of what stands to be lost.

And, maybe, what is lost already.

While New Orleans mayor Mitch Landrieu calls it "America's comeback city," while tech startups are on the rise, while the tourism industry is posting record receipts, and amid a film-industry boom dubbed "Hollywood South" — some worry the new New Orleans is at risk of losing its old identity.

It's what happens when a city of neighbours sees an influx of newcomers.

"Different kinds of people are here, and they're dropping in at the moment when the city is, I think, trying to be something else," Stephanie McKee tells me. A native New Orleanian, raised near the racetracks of the Seventh Ward, she says the people have made this city what it is: renowned for its friendliness, its food, its music and rhythm and masked mardi gras parades.

"Change has happened in New Orleans for many years," she says. "However, one thing has always remained in New Orleans, and that has been a very clear sense of Africanist culture."

McKee herself is artistic director of Junebug Productions, the successor to the Free Southern Theatre, a renowned civil rights art group.

"I worry about it being lost in the midst of commercialization, and being lost in the midst of what is inevitably more development to happen here."

Post-Katrina, the city has 100,000 fewer black residents than before the storm. Economic recovery for black New Orleanians has dragged dramatically behind that of whites in this city (half its black men are unemployed). So as some neighbourhoods become more expensive, they're also getting whiter, including Gordon Russell's Uptown neighbourhood.

"Different kinds of people are here, and they're dropping in at the moment when the city is trying to be something else."

STEPHANIE MCKEE, NEW ORLEANS NATIVE

"One of the things that has changed about New Orleans more than anything is there's more people now who aren't from here than there ever used to be," says Russell, investigations editor at the Advocate newspaper and a resident for 16 years. "There's a ton of new blood in town, and that's kind of psychologically interesting for the city."

Among the people I talked to, there's a perception that, in the past, newcomers had been lured by the culture and absorbed into it, into the city's sense of sleepy mystery, its rich cultural class of writers, musicians, dancers, actors, artists. A city where you know everyone on your block and their dog, where people look out for one another. A city where multiple generations live on the same street they grew up. Where, Russell says, people tended not to leave the city, and not a ton of people tended to move in. A city where everyone asks when they meet you, "Where'd you go to school?"

"That's a very subtle way or not-so-subtle way of saying,

ALL PHOTOS ON THIS PAGE BY ROSEMARY WESTWOOD/METRO

'Are you from here or not?'" notes Laura Paul, a Canadian living in New Orleans since 2006. There's a divide between people who've lived here for decades, those who arrived just after the storm, and those that arrived in the last few years, she says.

This may be one of the friendliest cities you'll ever find, but locals demand your respect.

"The reason for that is this is a culture worth protecting and a culture worth preserving," Paul says.

Which is to say, resisting gentrification.

In the Bywater, a neighbourhood just east of the French Quarter, Pamela Davis-Noland has watched her neighbours pushed out by soaring rents and a hot housing market in the last four years. It breaks her heart, she says. She points to a house down the street, where new owners turned their house into "yuppieville."

"I'm a lover of New Orleans, but to classify myself a New Orleanian, I think that's for the people born a t Charity Hospital."

PAMELA DAVIS-NOLAND, NEW ORLEANS RESIDENT SINCE 2011

Walking the streets of the Bywater, it's no surprise the area is in demand. Historic, architecturally charming houses painted a kaleidoscope of colours are guarded by thick swamp foliage and palm trees.

Davis-Noland has lived here since 2011, running a local bed-and-breakfast. She says tourism isn't bad but she wonders what exactly visitors to the Bywater are seeing? It's less and less the authentic community that she has loved, and she fears what the next four years will bring.

To some New Orleanians, tourists and newcomers carry the same risk, as agents of change that threaten to commodify the city's culture and tip the scales in favour of those who consume it, at the expense of those who create it.

But not everyone holds that worry. Cordell Ford, a native raised in the C.J. Peete projects, has been living in his home just north of the Bywater since 1993. He's seen his block change from a dirt road to a paved one, and neighbours come and go. As for the worries over newcomers? "Enough is enough," he tells me. "This is America."

People are free to move in, he says, and he doesn't care about skin colour or where you were born — he cares if you're a good neighbour. "As time goes on they'll become like a New Orleanian — you know, laid back and everybody helping out."

Like a New Orleanian, if not exactly a true one. That is title that most agree belongs to those bred, if not born here.

Davis-Noland is "a resident of New Orleans, I'm a lover of New Orleans, and I'm never leaving New Orleans," she says emphatically.

"But to classify myself a New Orleanian, I think that's for the people born at Charity Hospital. I'm not going to take that title, out of respect."

Outside Frady's, a Bywater food shop, a couple of locals drink coke and shoot the breeze. "Aren't you going to see Obama?" one jokes, mentioning the president's trip to the city. The others laugh.

"They're playing Katrina on the news 24/7," another says, disgust in his voice, "and I'm sick of it."

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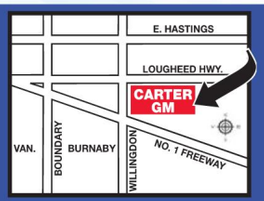

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IN BRIEF

Overfishing may not be cause of African penguins dying out

They're cute, knee-high, bray like donkeys and are a tourist attraction near Cape Town. But African Penguins — the continent's only species of the flightless bird — are at risk of extinction.

As shoals of anchovies and sardines have migrated south into cooler waters, the population of African Penguins along South Africa's west coast has plummeted by 90 per cent since 2004.

This decline, recorded by South Africa's Department of Environmental Affairs, led to four key fishing grounds being declared off-limits seven years ago in an experiment to see if the measure could help save the penguins. But scientists are still debating whether fishing has helped push the species to the brink of extinction.

Both fisheries scientists and bird specialists agree that the decline of the African Penguin began around 2004 with a southern shift in anchovies and sardines away from the hub of colonies along South Africa's Atlantic coast.

THE ASSOCIATED PRESS

Station mourns slain news team

ROANOKE, VIRGINIA

Murdered staff remembered in morning broadcast

Many visited the memorial site for reporter Alison Parker and cameraman Adam Ward, while offering get-well wishes to wounded Vicki Gardener. STEVE HELBER/THE ASSOCIATED PRESS

The colleagues of two journalists shot to death on live television returned to their morning show Thursday with memories, tears and a determination to carry on.

WDBJ-TV's Mornin' show opened with images of reporter Alison Parker and cameraman Adam Ward, with the words "In Memory."

"We come to you with heavy hearts. Two of our own were shot during a live shot yesterday morning," said Kim McBroom, the anchor whose open-mouthed shock was seen around the world Wednesday after Ward's camera recorded the fatal attack by a disgruntled former colleague.

Perhaps the most poignant segment came when McBroom, weatherman Leo Hirsbrunner and an anchor from a sister station who came to help out joined hands for a moment of silence at 6:45 a.m., 24 hours after the shots rang out.

"We are approaching a moment that none of us will ever forget," McBroom said, her voice faltering as the show went silent.

On-camera, the team mostly kept its composure. Off-camera, their struggle was more visible. Hirsbrunner dabbed his eyes, tried to wave away tears and bent down at one point, hands on his knees, to gather himself during a commercial.

Members of the team supported each other throughout.

Parker's boyfriend, WDBJ anchor Chris Hurst, appeared for a short interview.

"Alison, what great things she could have done," Hurst said, telling viewers he needs some time away from his night-time anchor role.

THE ASSOCIATED PRESS

TECHNOLOGY

Samsung stays at the head of the class

Samsung's new smartphones and tablets might not offer enough to entice iPhone and iPad users to switch but they keep Samsung at the head of the class among Android gadget makers.

The new Galaxy devices come weeks before comparable updates from Apple are expected. In a sense, if Samsung can't beat the competition in sales, it can at least beat it to store shelves.

Samsung has been facing competition not just from Apple but also from Android manufacturers such as Motorola and Xiaomi, which offer good-enough features while keeping prices low.

The Galaxy S6 Edge Plus and Note 5 phones arrived last week, while the Galaxy Tab S2 tablets come out next Thursday.

Of the two, the Edge Plus is likely to appeal to more people. The screen's left and right edges are curved like a waterfall and blend into the phone's aluminum casing. You get a better grip and a more immersive viewing experience, even from an angle.

Compared with the original Tab S tablet, the Tab S2 update sheds bulk and weight, akin to what Apple has done with the full-size iPad Air and Air 2.

Samsung is ahead with multitasking features that let you view multiple apps side by side, though similar features are coming to the iPad soon with the iOS 9 software update.

THE ASSOCIATED PRESS

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metro VIEWS

Making Cancon rules look limp: Kenyan pop stars lobby for radio to play 70 per cent local music, in part to preserve benga, a unique blend of East African sounds with guitar.

THE BIG THING: TRUTH UNDER FIRE

When two journalists were shot on-air in Virginia this week, it was an awful, freakish and mercifully rare event for the U.S. Around the world, however, dozens of journalists are killed just for doing what they do. When they expose stories, they often expose themselves to the wrong kind of attention — a reporter burned to death in India after exposing illegal mining, a radio announcer shot in the Democratic Republic of the Congo for covering a divisive bureaucratic appointment, the Charlie Hebdo massacre in France. And that's not counting the dangers of bringing the news from volatile places. These are recorded targeted killings of journalists thus far in 2015. Some certainly have gone unreported, and still more are in dispute.

SOURCES: REPORTERS WITHOUT BORDERS, INTERNATIONAL PRESS INSTITUTE, COMMITTEE TO PROTECT JOURNALISTS

THE KOHLER REPORT: ON ODDLY TEARFUL GOODBYES

While I respect Celine, I'd respect myself a lot less if I listened to her music. Why, then, my sudden connection to her and her grandfather — I mean husband?

When I was a teenager I was grossed out by many things: sun-dried tomatoes, pointy-toed shoes and the marriage of Celine Dion and René Angélil. I still dislike the tomatoes and the shoes, but why was I crying the other day while reading about the fact that René will soon die from his second bout of throat cancer?

The tears took me off guard, and I found myself embarrassed even though I was alone (which I didn't know was possible). I'd tell you it was PMS, but I don't like perpetuating stereotypes. I think I'll just have to admit I was sad. What's going on with me?

To put this mystery in context, you should know that I am not a Celine Dion fan. While I respect Celine and her talents, I'd respect myself a lot less if I listened to her music. Yes, she has an amazing voice, and that's fine, but it's not my thing. Why, then, my sudden emotional connection to her and her grandfather — I mean husband?

I think everyone was cynical about the manager-turned-fiancé who was 38 when he first met a 12-year-old Celine — they were like the Québécois Woody and Soon Yi, only with less neurosis and more dental work and tourtière.

What's funny about this cynicism is that it seems the couple had, and still has, none. Have you watched Celine Dion? She's the opposite of cynical. She has so much hope and enthusiasm that if she visited Banksy's Dismaland, it would turn into Disneyland.

Anyone who's the 14th child born into a poor Québécois family had better be positive; you don't get from there to where Celine is now by ruminating on negative thoughts like "What's the point?" and "Should we have a defibrillator at the wedding?"

Celine wanted to be famous, she wanted to marry René and she wanted kids — and all of those things came with challenges she'd overcome with a quick fist-bump to her heart. Though her music makes me feel like my ears have eaten too much Velveeta, her attitude makes me feel like everything is going to be OK.

In a world where celebrity relationships — the Brad-and-Jens, the Jen-and-Bens, the Gavin-and-Gwens — come with nanny scandals and conscious uncoupling, here's a pair who represent a slightly weird-looking version of true love. Like the nerdy couple in high school who were having more sex than everyone.

Celine recently said René's wish is to "die in her arms." That's what made me cry. René and Celine, after all these odd, unlikely years together, are being torn apart, along with the pieces of my heart!

I'm not wearing a hat — I never have and never would wear a hat — but if I were, I'd tip it to them.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

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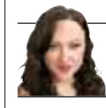
metroview

Being morbidly curious about a death is only human



Liz Beddall
Metro | Toronto

A few weeks ago, I joined a discussion about the sudden and still unexplained passing of TV host Chris Hyndman.

The talk was intense in topic but casual in tone. We tossed around the presented facts as if they were fiction.

"Didn't you meet him at one point?" asked one of my friends. I had in fact spent an entire day interviewing him a few years prior. Chris bestowed heaps of warmth upon this awkward, poorly dressed young journalist. Guilt drew my voice away from the conversation, but not my mind.

My shame-soaked queries came to life on the Internet. Each article on the death bobbed above a turbulent sea of reader commentary.

Comment: "Anybody heard about the circumstances ... Did he jump or what?"

Response: "Did you ever think that maybe Steven and the family want to keep their personal lives private? The public is not entitled to know everything."

The back-and-forth continued similarly, and produced yet more backlash. A question was asked, the questioner was shot down, the shooter was shot down, and so forth.

In Hyndman's case, as with every loss of a life, a study of death ensues. Worried that lumbering into dark territory will spoil our eventual experience of grief, or someone else's. We might shake our heads as view-numbers rise on a morbid video, but linger a little too long at the site of an accident. We'll ask ourselves and each other if anything was done too soon, too much, too loud or too little. None of the answers are obvious, but the questions are limitless, and we all have them.

In high school my best group of girlfriends experienced the tragedy of one of our own committing suicide. Looking back now, I feel much less hostile toward the complete strangers who showed up at the funeral, less bitter toward the countless individuals who have asked me, over the years, about how she put an end to her life before asking me about her life, and lastly, less angry at myself. I forgive myself for not thinking of her every day since, and for now using her to fill a paragraph of this column. These were, and are, all decisions made while fumbling around looking for the right way to handle the one thing none of us who are living know anything about.

The departure of August will pull with it the deaths of Chris Hyndman and countless others into the past. And while grief, loss and closure will attach themselves differently to those left behind, uncertainty will reign universal.

So should we be so quick to denounce the morbidly curious? Those who seek out, and secretly long to seek out, the whys and the hows? Because what if the inclination to better understand the end of life renders many of us not less human, but a little bit more?

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HEARTTHROB

Efron wants roles that play to more than just his looks

IN FOCUS

Richard Crouse

Zac Efron became a teen heartthrob with the success of the High School Musical movies and then did everything possible to decimate and alienate the core audience that made him a star.

He rightly realized that the shelf life of a young Disney star was limited and turned his attention to making serious but little seen films like Parkland, At Any Price and The Paperboy, an art house film better known for a scene utilizing an age-old cure for a jellyfish sting you don't normally see administered by an Oscar winner like Nicole Kidman.

His latest movie, We Are Your Friends, the first major-studio film set in the world of electronic dance music, is a mix of music and romance that sees Efron play an aspiring DJ who falls in love with his mentor's girlfriend.

It's a role that should appeal to his original fanbase, the kids who have aged out of High School Musical and now listen to EDM, where his other screen choices seem to have left them behind. Occasionally he's thrown them a bone, with popcorn movies like New Year's Eve, or Neighbors, where he plays the prerequisite 20-something good-looking Hollywood hunk.

Zac Efron plays an EDM DJ seeking stardom in We Are Your Friends. HANDOUT

Take That Awkward Moment for instance. He played an avowed hook-up artist, a young guy who would rather hang out with his best friends Daniel (Miles Teller) and Mikey (Michael B. Jordan) than have a meaningful relationship with a girl. In time-honoured romcom fashion, it's a movie that takes advantage of its leading man's blue eyes and sculpted abs. Efron's hair is practically a character in the film.

Perhaps while making The Lucky One, a Nicolas Sparks romance co-starring Taylor Schilling, it occurred to him that simply watching good-looking people fall in love does not a movie make.

I couldn't help but think that Efron, when he says to Schilling's character Beth, "I know you deserve better than this," was actually speaking to the audience.

MOVIE RATINGS by Richard Crouse

We Are Your Friends ★★★★	HOW RATING WORKS
Learning to Drive ★★★	★★★★ SEE IT
The End of the Tour ★★★★	★★★ WORTHWHILE
Cop Car ★★★	★★ UP TO YOU
Backcountry ★★★	★ SKIP IT
Z for Zachariah ★★★	

Luckily his other films are less about his looks and more about his ability. The Paperboy is an odd film. It's an art house thriller — meaning that there aren't many thrills — in which each of its stars do some fairly intense envelope pushing in a story about a reporter returning to his native Florida to investigate a murder.

Paired with risk-taking actors like Nicole Kidman, David Oyelowo, John Cusack and Matthew McConaughey, Efron works hard to shake off the early teen idol gloss that made him famous. He mostly succeeds, although director Lee Daniels's camera still caresses the actor, taking full advantage of his effortless appeal.

In Me and Orson Welles, Efron is overshadowed by an actor playing a man who died many years before the core audience of this movie was even born. Christian McKay plays Orson Welles with such panache that Efron becomes a supporting player in his own movie but still makes a strong impression as a teenager with dreams of being on stage in this handsomely mounted period piece.

Other films like At Any Price, a 2012 powerful tale of fathers and sons and the pressure to succeed, have shown not only his depth but his willingness to stretch as an actor.

So why does Efron, who could have a movie franchise career in a heartbeat, look past the obvious career path?

Efron told the Hollywood Reporter that his often eclectic acting choices are always artistic in nature and never about money.

"I'm constantly searching for characters that are about betterment of self and betterment of others," he says. "And I'm searching for those parts because those are the ones that make me happy. They're the ones that fulfil me personally."

More than the Blurred Lines babe

Emily Ratajkowski says that in We Are Your Friends, in which she plays the personal assistant and girlfriend of a big-time DJ, the viewer is looking at her character through a male gaze.
HANDOUT

EMILY RATAJKOWSKI

Her acting career grew from an early love of theatre

Matt Prigge
Metro in New York City

Emily Ratajkowski knows who classic French filmmaker Robert Bresson is.

That shouldn't be shocking. Her mother is an academic and her father is an artist. Her big acting break, after her bit in the Blurred Lines video, was as Andie, the student sleeping with Ben Affleck's Nick, in Gone Girl.

She's since played herself in the Entourage movie, and she's now in We Are Your Friends, as the personal assistant/girlfriend of a big time DJ.

Women's sex appeal is usually filtered through the male gaze. You've spoken about how you want women to reclaim that sexuality and own it.
Even in Gone Girl and We Are Your Friends, you watch those characters at moments through the eyes of the male characters. I think there will be parts in the future where it's just about the women and female journeys. That's what I'm constantly struggling to find.

The actor's dream is to be able to carefully curate their careers, create a body of work they're proud of.
For me it's a matter of being happy. It's not about being career savvy. I had a conversation with David (Fincher) after I did Gone Girl where I said, "I don't think I'm very good if I don't care about (the material)." He was like, "Well, duh." I was like, "Well, you're David Fincher, so that's easy for you to say." But it's something I'd like to keep in mind.

You became a model so you could become an actor, correct?
Yeah, isn't that funny? Not many people know that. I was one of those kids who tried everything, and theatre was definitely something that stuck.

I went to UCLA for visual art and thought about becoming an English professor or a writer. I've always been creatively inclined. My first love, though, was theatre.

What were some roles you were playing as a kid?
I was the Little Match Girl, which was my first lead in the sixth grade, which was a big deal for me. But I fell in love with acting by watching theatre. I lived in London when I was five years old while my mom was teaching literature there.

Given your parents' professions, was it inevitable you'd fall into the arts?
I guess so. It drives me insane when people say, "Oh, I've been designing clothes," and someone says, "Great, but your father is Ralph Lauren," and they say, "That just happens to be the situation." Let's be honest: We're very impacted by what we're surrounded by as a child.

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Loaded questions and answers

INTERVIEW

Eisenberg discusses being on both sides of an interview

Matt Prigge
Metro in New York City

Eisenberg plays Lipsky (right) a journalist on assignment, following Foster Wallace (Segel, left) on a book tour. HANDOUT

Jesse Eisenberg tends to play characters who are shy (Roger Dodger, Adventureland) or passive-aggressive (The Squid and the Whale, The Social Network). In real life he's definitely the former. During some of our interview, the actor curls up on the couch, his head resting on the arm, quietly but assuredly discussing his role in The End of the Tour.

Based on David Lipsky's Although of Course You End Up Becoming Yourself, it recreates the few days the author-journalist spent with the late David Foster Wallace after the release of his doorstop of a masterpiece, Infinite Jest.

Eisenberg plays Lipsky to Jason Segel's Wallace, playing both confidant and aggressor — a standard relationship during interviews.

This is drawn from Lipsky's transcripts, meaning you're saying things that were really said. But structurally the scenes capture the feel of real, long conversations, with asides and digressions. How did you achieve that looseness?

There was very little planned. We didn't have rehearsal, and I didn't personally think of anything as a climactic moment. Nothing felt explicit in the script. That's good for actors. You don't feel necessarily beholden to a structure. You treat it as it comes to you.

Having no rehearsal means the dialogue could potentially sound fresh — like you're saying the lines for the first time.

That's how I did it. I really like doing that. With this movie I didn't like saying the lines until we were filming, because my character's not as verbose as the other character.

I didn't feel the need to rehearse my dialogue. It was more emotionally potent to not do anything until the camera was rolling.

You don't have that luxury in movies, really, because you have to rehearse in order to set technical things up. But with this we did have that. It was just the nature of the shoot being quiet and a director who was pretty comfortable allowing us to be more flexible.

One of the main ideas in the film is meeting someone one admires and finding them to be pretty normal.

Normal, or maybe even more specifically not happy with the achievements you think you'd be happy with. I think, if I could just achieve the success he has I would be happy. And I see he's still unfulfilled. Not only is he unfulfilled but he seems almost terrified.

> **You obviously have an allegiance to some kind of self-protection.**
> Jesse Eisenberg, on being interviewed

Wallace has a line where he says he wishes he could shape the impression your character has. Do you feel a certain anxiety in how other people will present you?

Yes, of course. It's unnerving. The best thing to do is not try to micromanage something that's unmanageable, which is how you are perceived by strangers.

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Laurence Leboeuf plays Apple in the film Turbo Kid. HANDOUT

A turbo throwback

SCI-FI

Canadian film described as a BMX tribute to Mad Max

Steve Gow
For Metro

From BMX bikes to murderous road warriors to the retro-soundtrack layered in synthesizers, Turbo Kid is a love letter to the kitschiest elements of 1980s cinema. "It's literally the hardest film to describe because there's so much going on, but it is an homage to '80s films," explained star Munro Chambers of the Canadian festival hit that Variety called a "BMX-riding Mad Max tribute."

"I always try to describe it as a charming romantic-comedy in a post-apocalyptic world painted with blood."

Directed by Montreal trio Anouk Whissell, Yoann-Karl Whissell and François Simard, the cinematic shrine to quirky pop-culture is set in a "futuristic" 1997 where an orphaned BMX-rider (Chambers of TV's Degrassi fame) enlists a buoyant optimist (Laurence Leboeuf) to help him overthrow an evil eye-patched emperor (played by iconic '80s villain Michael Ironside).

"We came pretty fresh into this," said Leboeuf, who admits much of the imagery of the decade was not part of her upbringing. "Even today, we have people telling us references that we haven't noticed yet in the movie."

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Just can't feel 2015's song of the summer

POP CHART

No single had enough spin to be the big hit of the season

SOUND CHECK

Alan Cross

I've never been party to this whole nonsense of declaring a "song of summer" until now That's because there isn't one for 2015.

If we go back through the decades, there has always been a SotS, a multi-week chart-topping track that a) was ubiquitous to the point of annoying; b) was singable by even the most casual music fan; c) was the cause of headache-inducing earworms; and d) — and this is the nebulous part — encapsulated the zeitgeist of that particular northern hemisphere summer.

Need some examples? Satisfaction from the Stones back in '65. The Knack and My Sharona from '79. When Doves Cry from Prince in '84. In 1996, it was all about Macarena by Los Del Rio. Umbrella from Rihanna in 2007. You get the idea.

But 2015 is different. As far as anyone can tell — and I track all the charts and radio sites and music blogs — no song meets the accepted SotS criteria this year. There's no Blurred Lines, no Call Me Maybe, no Fancy, no Somebody I Used to Know. Nothing that anyone can call a true anthem for those months between May and September. Nothing that, when we hear it years from now, we'll say "I remember that year! It's when [fill in the blank]." Nothing that will instantly get aunts and uncles dancing awkwardly at a wedding in two years.

Well, what about Trap Queen by Fetty Wap and Cheerleader by OMI? Both made pop culture inroads but not to the extent that previous SotS songs have. See You Again by Wiz Khalifa was huge, but it's too sombre.

What about Taylor Swift. Shake It Off? Peaked too soon. It was a massive hit in the spring but by time summer rolled around, it was on its way down the charts. What about her Bad Blood? The video turned off too many people. Can't Feel My Face by The Weeknd? Maybe if it had been released earlier. It's only peaking now. It's too late.

Both OMI, left, and Beck had SotS contenders that didn't quite pop off the charts. GETTY IMAGES

Personally, I'll associate the summer of 2015 with Beck's Dreams, but it didn't have the requisite multiple-week stay at the top of the singles charts.

What happened? The big pop stars (aside from Ms. Swift) have been AWOL this summer. Music consumption continues to fragment. Radio alone no longer dictates those massive consensus-building hits.

Or maybe — just maybe — no one wrote a great summer pop song this year.

The Weeknd GETTY IMAGES

MUSIC NOTES

Beauty Behind the Madness

Before his new album, The Weeknd had become an alt-R&B figurehead, mostly on the strength of his sunless mixtapes populated by dour tours of joyless nights at the club.

Though he had proven a gift for crafting alluring atmosphere in his music, he had only once penetrated the Top 60 on the U.S. singles chart and had seldom seemed interested in catering to the broadest tastes.

In less than a year, he's scored four Top 10 hits, including his first No. 1 in Can't Feel My Face. It's a near-unprecedented run for an R&B singer, particularly a press-averse Canadian who sings ennui-haunted odes to cursed drug trips. THE CANADIAN PRESS

NEW RELEASE

Getting ready for The Weeknd

The Weeknd's hulking smash album Beauty Behind the Madness features the handiwork of Canadian songwriter Stephan Moccio.

The 42-year-old from St. Catharines, Ont., co-wrote both the album's opener Real Life and its closer, Angel, plus its double-platinum single Earned It.

If the Weeknd's ascent from melancholy wallflower to perhaps the world's most sizzling pop star seems unlikely, well, so is the odd couple partnership between two Canadians.

"We don't know exactly how it works," an energetic Moccio said ahead of the Friday release of Beauty Behind the Madness.

"You've got a guy who sings these edgy lyrics and you got a guy who composes classical music and loves pop songwriting, and you put them in the room together, and the result is something really special.

"We're already thinking of the next album." THE CANADIAN PRESS

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metro TRAVEL
Your essential daily news

Nuts and boiled eggs are healthy snack options for vacationers on the go

Road therapy

SOLO TRIP

Finding inner peace driving 3,600 km across the Maritimes

Jennifer Foden
For Metro

Needing an escape from home in Toronto, I wound up in Newfoundland in mid-April on a whim to road-trip solo to New Brunswick. I had no plan or real route in mind, relying on people I met along the way to best advise.

I didn't realize that driving more than 3,600 kilometres by myself would not only afford me the time to reflect on my life, but also provide me with the opportunity to meet dozens of strangers, who amazed me with their East Coast kindness daily. Both this time and care were almost like therapy, bringing me back home more at peace than when I left.

TRAVEL ON THE CHEAP

I spent roughly $1,750 for 15 days. This included the car rental/insurance (which alone was $1,000), gas, food, beer, entertainment, etc. It helped that I never paid for accommodation thanks to couchsurfing.

1 Microbrews and hiking in Newfoundland

I started my journey in St. John's, couchsurfing with a laid-back farmer I found through couchsurfing.com. He not only opened his home, but offered me up home-cooked meals, local brews and literally the coat off his back. He and his artsy pals suggested I check out local microbrewery Quidi Vidi (located in a charming fishing village just outside the city) and hike the Earth's mantle at the Tablelands in Gros Morne National Park (650 kilometres west of St. John's). I did both.

2 Good eats and good company in Nova Scotia

I took the ferry to Nova Scotia before messaging a friend of a friend who lived in Halifax. I had reached out to him to meet up for a drink that night — he called and insisted I crash in his spare room for as long as I wanted. We drove to Hubbards, along the north shore of St. Margarets Bay, where we sat on the beach and ate the best clam chowder of my life from Trellis Café. We also drove through Lunenburg, a port town full of vibrant architecture.

4 Going with the tides in New Brunswick

I wandered the ocean floor at Hopewell Rocks, and while it may be the iconic thing to do in New Brunswick, it's totally worth the visit. I then headed to Saint John, 150 kilometres southwest of Moncton, where I made new friends. They welcomed me into their home with open arms, where we shared beers and stories and they recommended Saint John City Market, which is filled with local food and art.

3 Finding the beef in P.E.I.

I arrived in Prince Edward Island during Burger Love, a month-long celebration of Island beef that has restaurants across the province creating one-of-a-kind burgers. While you may not be passing through during this annual event, it needs to be said that P.E.I. (known for Anne of Green Gables and coastal drives) also has some amazing eateries. My couchsurfing host was keen to share a table with me: four burgers in two days. Favourites included Gahan House and the Prince Edward.

MAP: ISTOCK; PHOTOS BY JENNIFER FODEN/FOR METRO

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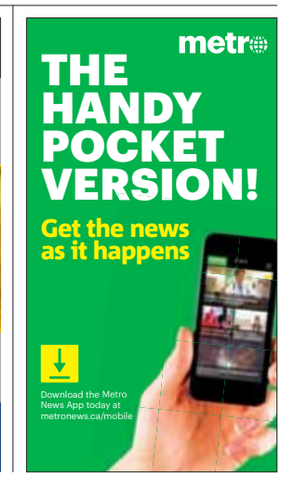
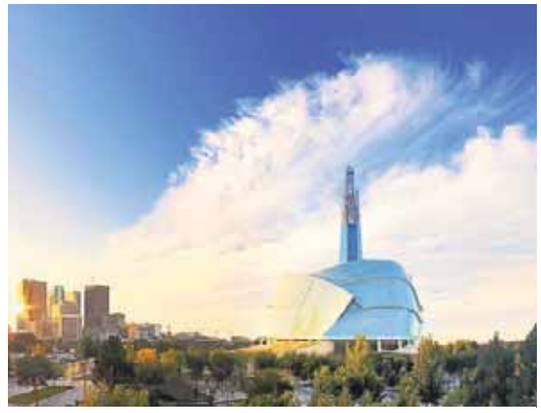


EDUCATIONAL FUN

Get the kids back in the learning head space with these museums

ON THE MOVE
Loren Christie

As the classroom beckons, a visit to one of Canada's kid-friendly museums is the perfect way to end off summer and kick-start your child's brain before they head back to school.



The Canadian Museum for Human Rights in Winnipeg. ISTOCK

Travel the world

The Canadian Children's Museum is housed within the Canadian Museum of History (formerly known as the Canadian Museum of Civilization) in Gatineau, just across the Ottawa River from Ottawa.

Within the museum's walls kids can travel the world: play with shadow puppets from Thailand, try on a kimono from Japan, relax in a Bedouin camp, shop a market in France or drive a brightly coloured Pakistani bus.

Fill up the passport given upon arrival with stamps as a souvenir of your visit.

Know your rights

The Magna Carta exhibit at Winnipeg's Canadian Museum for Human Rights is currently showcasing the world's most famous human rights charter, alongside some of Canada's most important foundational documents. Interactive technology makes these documents accessible and interesting to all ages.

For some hands-on fun, check out the family activity area, which includes a photo area where the kids can get decked out in medieval costumes, play a game of chess on a giant board, try their hand at calligraphy or relax in the reading lounge.

Official family days at the museum are Tuesday, Thursday and Sunday.

Playtime

The Montréal Science Centre offers some widely accessible and interactive exhibitions, which are perfect for kids. Game On chronicles the history of video games, which includes multiple playable stations, and Fabrik is a challenging workshop where kids take on creative challenges involving invention and assembly-work. The museum's theatre is currently presenting Pandas 3D and Cousteau's Secret Ocean 3D.

The museum is located in the quays of Old Montreal right next to the Montreal Zipline should your kids need some additional enticement.

Go back in time

The Royal British Columbia Museum in Victoria makes learning easy by presenting the natural and social history of the province in highly realistic and immersive settings. From a woolly mammoth in his rocky, icy world to a trip on the tar-scented HMS Discovery, kids will be easily charmed by this first-class museum.

A stroll through Old Town's wood-cobbled street complete with shops, cinema and a railway station is like being in a giant dollhouse. There are educators throughout the family-friendly facility ready to answer any questions your eager learners might have.

TRAVEL NOTES ECO-TOURS, TEMPLES AND CHEAP DIGS

Latin adventure

Signature vacations just launched Off the Beaten Path, a program that lets you add full- or half-day tours to your all-inclusive vacation, booking before you travel. Locations so far include Costa Rica, Panama, and La Ceiba and Roatán in Honduras. Go on sight-seeing tours, canoe trips, discovery hikes, adventure sports and more. Visit SignatureVacations.com.

Bucket list: Angkor

At Angkor in northern Cambodia, once the largest pre-industrial city in the world circa 800 AD, more than 1,000 Hindu and Buddhist shrines rise up from the jungle near Siem Reap. Angkor Wat is the centrepiece complex, with 10th-century temple Banteay Srei considered one of the crown jewels. A three-day visit will barely scratch the surface. Go to TourismCambodia.com.

Unbundling trend

With enterprises like Airbnb getting more and more action, budget hotel chains are taking a hit. With a cue from the airlines, Malaysia-based Tune Hotels is giving guests the chance to pick and pay for amenities they want. You start with a bare-bones price, then opt in for things you will use (hairdryer, safe, certain toiletries, TV, etc.). Visit TuneHotels.com. DOUG WALLACE

Hot springs at Rincón de la Vieja Volcano National Park, Costa Rica. CONTRIBUTED

Temples of Angkor, Cambodia. KATHRYN LIPTROTT

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Swinging a hot bat: It's a familiar tune for Panas

BASEBALL

Toronto native calls getting drafted by Jays 'surreal'

Cam Tucker
Metro | Vancouver

Connor Panas can sing a tune and, lately, he's been swinging a pretty hot bat for the Vancouver Canadians.

Selected by the Toronto Blue Jays in the ninth round of this year's Major League Baseball draft, Panas was on a recent hot streak with six hits and three home runs, including one at Nat Bailey Stadium, in just seven at-bats. His recent tear also resulted in seven runs batted in.

And when the Canadians win, it's been said that Panas belts out some classical music in front of his teammates.

"He's got some hidden talents. He can actually sing really well," said manager John Schneider.

After a brief two-game cooldown at the plate, Panas had two hits in four at-bats on Thursday, however, the visiting Boise Hawks defeated the C's 5-3 before a sold-out crowd at Nat Bailey Stadium.

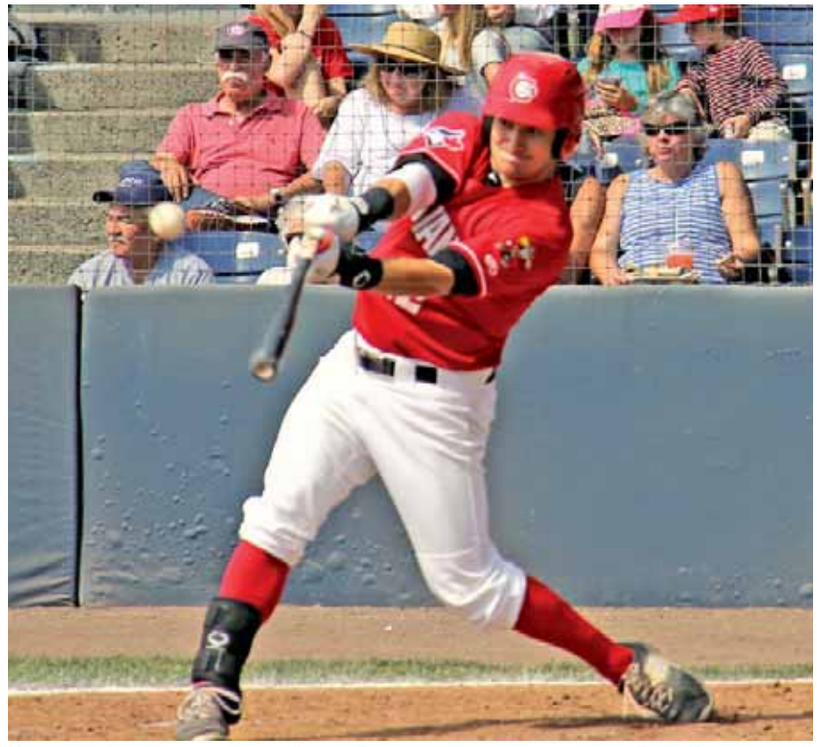
As the 2015 short-season single-A campaign enters its stretch drive, Panas has made a few minor adjustments at the plate, including elevating his hands in his stance to have a more direct swing to the ball, said Schneider on Monday.

"With it just being such a long college season, and long season here, I guess I was developing a few bad habits at the plate," said Panas, who plays left field for Vancouver and is now batting .242.

A back-to-back winner of the Metro Atlantic Athletic Conference male student-athlete of the year award, which has only happened three times in the conference's history, Panas realized one dream already this summer when his hometown Blue Jays brought him into their organization.

Panas said it was a "surreal" experience.

"The whole day, my agent was saying I was going (between the sixth and 10th rounds)," he said.



Vancouver Canadians outfielder Connor Panas gets a base hit against the Boise Hawks during Thursday's game at Nat Bailey Stadium. CAM TUCKER/METRO

"So about in the eighth round, he said, you're going to want to film the ninth round when you get drafted by the Blue Jays."

Panas is now in the next phase of his journey in professional baseball. It's a familiar tune for him and his peers throughout the summer.

"He'll go as far as his bat goes," said Schneider.

PROFILE

Age: 22 (Feb. 11, 1993)
Bats/Throws: L/R
Height: 6 feet
Weight: 218 pounds
School: Canisius
Twitter handle: @Pan_Man27

SOCCER

Whitecaps eye bigger and better things

Carl Robinson wanted his team to celebrate. His players, a vibrant group, came together to win the Vancouver Whitecaps' first-ever Voyageurs Cup, and so to the victors go the spoils. But, he cautioned, there was work the following day.

The Amway Canadian Championship is behind them, the trophy now theirs and the long wait finally over. But the MLS regular season continues and the Whitecaps are in a strong position to not only solidify a playoff berth, but perhaps even the top spot in the ultra competitive Western Conference standings and the overall Supporters' Shield standings.

The Whitecaps are second in the West, one point back of the L.A. Galaxy, with a road match against the Houston Dynamo on Saturday.

But if Wednesday's performance against the Impact did anything for the Whitecaps going forward it was give them a winning experience to draw upon.

"For a group so young, they showed a lot of maturity (Wednesday). We're still (in) early stages, we're still building this football club," said Robinson. "We've got to get used to winning trophies. We've got to get used to winning championships. This team ... like everybody's been saying, it's our time. It's our time now," said Russell Teibert.
CAM TUCKER/METRO

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Delino DeShields of the Rangers slides home safely on Thursday in Arlington, Texas. SARAH CRABILL/GETTY IMAGES

MLB

Blue Jays' lethal bats kept at bay

Yovani Gallardo earned his 100th career victory, Delino DeShields kept running all the way home and the Texas Rangers ended Toronto's five-game winning streak.

After losing the first two games of the series, and their hold on the American League's second wild card, the Rangers avoided a sweep with the 4-1 victory Thursday.

DeShields had a part in every run even without an RBI, including his single that rolled under the glove of charging right-fielder Jose Bautista with two runners on in the seventh. The ball wound up near the warning track and DeShields circled the bases on the error for a 4-0 lead.

Gallardo (11-9) threw 5-1/3 scoreless innings, giving up three hits while striking out two and walking three on 101 pitches. Gallardo became the fourth native of Mexico to win 100 games, joining Fernando Valenzuela (173), Esteban Loaiza (126) and Ismael Valdez (104).

"It just shows a lot of hard work, throughout the years, and it's definitely exciting," said Gallardo, the right-hander who improved to 100-73 in 241 career games with Milwaukee (2007-14) and Texas. Shawn Tolleson worked the ninth for his 26th save in 28 chances.

Edwin Encarnacion stretched his hitting streak to 22 games, the longest in the majors this season, with an RBI double in the Toronto eighth. He hit a scorching liner that got past DeShields in right-centre as Bautista scored from first.

THE ASSOCIATED PRESS

THURSDAY In Texas

4	1
RANGERS	BLUE JAYS

IN BRIEF

Reports suggest Sinclair injury not so severe

The prognosis on Canadian captain Christine Sinclair, who had to be helped off the field last weekend in a National Women's Soccer League game, may be better than initial reports suggested.

Sinclair, who injured her left leg in a collision in Portland's 1-0 loss in New Jersey on Saturday, watched the Thorns' practice Wednesday with ice on her ankle, according to the Oregonian.

A Thorns spokeswoman said there was no update available following a scheduled MRI, but Canadian national team coach John Herdman said his understanding was the injury is not that serious.

THE CANADIAN PRESS

Seahawk Wilson denies suffering from concussion

Seattle Seahawks quarterback Russell Wilson said Thursday he did not suffer a concussion in the NFC championship game against Green Bay, a day after comments in an article in Rolling Stone indicated Wilson may have suffered a head injury.

Wilson says that his comments were misunderstood and he did not have a head injury. Wilson took a big hit in the first half of the championship game from Clay Matthews. THE ASSOCIATED PRESS

Montreal ends Tiger-Cats 10-game home record

Backup quarterback Tanner Marsh ran in for a touchdown to lead the Montreal Alouettes to a 26-23 win over the Hamilton Tiger-Cats on Thursday.

It was the Ticats' first-ever loss at Tim Hortons Field since it opened last season. Kyries Hebert intercepted Zach Collaros at the Montreal 30-yard line with 30 seconds left to seal the victory.

THE CANADIAN PRESS

Brilliant Bolt knocks 'em dead in Beijing

200M SPRINT

Jamaican beats Gatlin in final before Segway bowls him over

Usain Bolt's legs survived Justin Gatlin in the 200-metre final, then a collision with this photographer on his victory lap. ANDY WONG/THE ASSOCIATED PRESS

Only when the running stopped and the picture-taking began did Usain Bolt finally meet his match.

Bolt blew past Justin Gatlin and everyone else Thursday night in the 200 metres to win his 10th career gold medal at the world championships.

What finally upended the six-foot-five Jamaican was a multitasking cameraman riding a Segway while videotaping Bolt's victory lap. The scooter ran over the outcropping of a metal railing bolted to the edge of the track and bobbled off course — then slammed into the back of the fastest two legs on the planet.

Bolt's legs came out from under him and he went down hard and landed on his backside. Then, smooth as silk, he somersaulted backward onto his feet, jogged a few steps, and reached down to make sure his left leg was OK.

He was no worse for wear but figured he'd try to make the evening at least a little more interesting. "The rumour I'm trying to start right now is that Justin Gatlin paid him off," Bolt said, while sitting next to Gatlin in the medallists' news conference. Gatlin's response: "I want my money back. He didn't complete the job."

> **"The rumour I'm trying to start right now is that Justin Gatlin paid him off.**
> Usain Bolt joking about the Segway crashing into him

Indeed, it may take more than just a motivated opponent to finish off Bolt, who now has five gold medals at the Bird's Nest, including the three he took at the 2008 Beijing Olympics when he set world records in the 100, 200 and 4x100 relay. The split-second scare with the Segway provided what Bolt's season-best 19.55 seconds on the track did not. Namely, drama.

This was billed as the second round of the Bolt vs. Gatlin series that produced the champion's grittiest win four nights earlier. Bolt's .01-second victory in the 100 came despite a year's worth of injuries and off-form running that continued all the way through the semifinals.

Like most sequels, Part II didn't live up to the original.

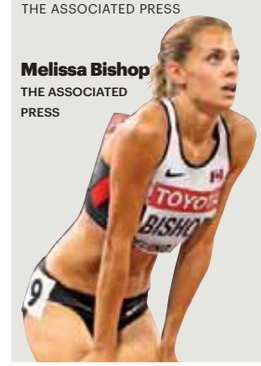
Bolt coasted in and still won by .19 seconds. The winner used his thumbs to point at himself as he crossed the finish line and flashed his index finger: He's No. 1 — just in case anyone had any doubts.

THE ASSOCIATED PRESS

RECORD

Eganville, Ont., native Melissa Bishop shattered the Canadian record, running the 800 metres in 57.52 seconds, booking her spot in Saturday's final in Beijing.

THE ASSOCIATED PRESS



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Ingredients
- 4 oz soba noodles
- 1 cup sliced sweet onions
- 1 1/2 cups sliced red bell pepper
- 1 1/2 cup sliced mango strips
- 12 oz shelled, defrosted deveined large shrimp
- 1 Tbsp Sriracha
- 2 tsp minced ginger
- 2 Tbsp chopped cilantro
- 3 Tbsp toasted chopped cashews

Dressing
- 3 Tbsp sweet red chili sauce
- 2 Tbsp low sodium soy sauce
- 1 Tbsp vegetable oil
- 2 tsp sesame oil
- 2 tsp lemon juice

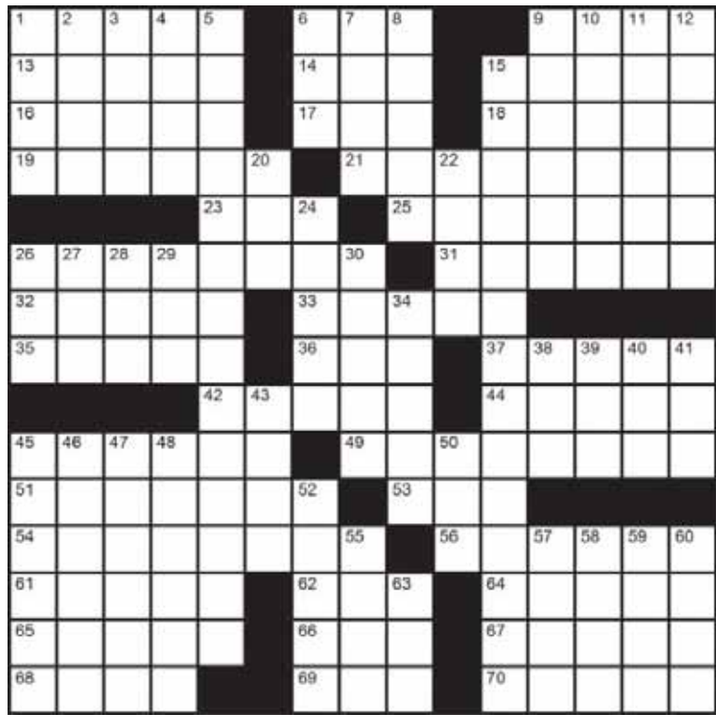
Directions
1. Cook soba noodles just until tender, about eight minutes. Drain and rinse with cold water. Add to a large bowl along with onions, bell peppers and mango.
2. Meanwhile, in a large skillet sprayed with vegetable oil, add shrimp, Sriracha and ginger. Sauté for five minutes or until just cooked. Let cool.
3. Dressing: Combine all ingredients and pour over noodles and vegetables. Mix well, place on serving platter, top with shrimp, cilantro and cashews.

Nutrition per serving
- Calories 340
- Protein 24 g
- Carbohydrates 40 g
- Fibre 2 g
- Total fat 2 g
- Saturated fat 2 g
- Cholesterol 130 mg
- Sodium 850 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Surname of "The Flintstones" co-creator
6. Contribute
9. Light fog
13. Classic theatre
14. Riddle-me-__
15. Hertz __ Car
16. Involved in the activity
17. Mr. Watanabe of movies
18. Canadian doctor, the 'Father of Modern Medicine', William __ (b.1849 - d.1919)
19. Snoozing
21. Business presentation graphic: 2 wds.
23. Sanction
25. Patrick of "The Red Green Show"
26. John __ (Head Coach of the Calgary Stampeders)
31. More visibly embarrassed
32. Kettle part
33. Trim again
35. Procol __ (British band)
36. "Norma __" (1979)
37. Liquid dish soap scent
42. Baker's supply
44. Sports venue
45. Overly basks in one's triumph
49. French Protestant who believed in the doctrines of theologian John†Calvin (b.1509 - d.1564)
51. Military craft locale: 2 wds.
53. Earth's lamp with seafood
15. Bruce Cockburn song with this projectile weapon in the title: 2 wds.
20. Nail down
22. Almond shade
24. Hamilton songstress Ms. Lightfoot
26. Prince Albert of Monaco's title letters
27. Work __ sweat
28. 'F' in FWIW
29. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
30. Dog walker's need
34. The Whale constellation
38. Another time, long ago
39. Sign on a restroom door
40. "Thou, too, sail __, _ Ship of State!" - Longfellow
41. __ Geo (Nature mag, fun-style)
43. Feminine suffix
45. Jailed, in Britain
46. Chauffeur's uniform
47. Beaver State
48. Grate
50. Director Mr. Van Sant
52. Too soon
55. Kennedy matriarch
57. City in Nevada
58. Reverse
59. Gift tag word
60. 1950s cars features
63. Banned insecticide
54. Domineer
56. Nape
61. "Street _" (1987 to 1994 Canadian series)
62. Curtains holder
64. French artist Mr. Matisse
65. Gnaw geologically
66. Psychedelic drug
67. __ __ a high note
68. Unit of force
69. Nevertheless
70. Inn's booked spots

DOWN
1. Daytime TV host Ms. Kotb
2. Hubbubs
3. "Song Sung Blue" singer Mr. Diamond
4. Zero
5. Film about New Zealand writer Janet Frame, "An _ _ _ _" (1990)
6. Sacred chest
7. Way down in the ground
8. Jeans fabric
9. Interlocked
10. From the shore
11. Laurence __, 18th-century author of Tristram Shandy
12. Sauce served

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to mess with something that, while not working perfectly, is still going okay. Resist the urge, making changes today could do more harm than good.

Taurus April 21 - May 21
You don't usually have doubts but you may hesitate today. The good news is that your indecision will in a strange way work in your favour.

Gemini May 22 - June 21
Don't be fooled by someone who wants you to believe that your paths have crossed purely by chance. Be friendly but don't be taken in by any offers they might make, almost certainly they are designed to make them rich and you poor.

Cancer June 22 - July 23
Some of the people you meet today will be touchy for no reason. Don't get caught up in their petty disputes, because you have issues of your own that need dealing with.

Leo July 24 - Aug. 23
You may be tempted to give up on something but the planets warn it is likely you are not seeing things straight. The tide will turn in your favour soon. Don't take any drastic decisions today.

Virgo Aug. 24 - Sept. 23
You are strongly advised to resist taking risks where the odds are stacked against you. You don't have to be negative but you do have to be sensible.

Libra Sept. 24 - Oct. 23
Because you feel vulnerable you may be inclined to think there is a hidden catch to what you are now being offered. You could not, in fact, be more wrong, so go for it or you could miss out on something good.

Scorpio Oct. 24 - Nov. 22
Friends may beg you to get involved in something they promise will be a lot of fun but your sixth sense tells you there is more to it than that, and your sixth sense is rarely wrong. Do only what you feel comfortable with.

Sagittarius Nov. 23 - Dec. 21
Success is coming but you will have to wait a few more weeks. The longer you have to wait the bigger the rewards you will receive. Be patient.

Capricorn Dec. 22 - Jan. 20
You are advised not to act on what you hear today, no matter how tempting. The information you get, even if it comes from a trusted source, is not reliable, so hold back and wait to see how things develop.

Aquarius Jan. 21 - Feb. 19
You could get fixated on something that in the greater scheme of things is of only minor importance. Strive to keep things in perspective today.

Pisces Feb. 20 - March 20
You may prefer to give people the benefit of the doubt but you should be wary of someone you think you can trust. Yes, maybe you are being suspicious for no good reason, but better safe than sorry.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4	5	2	3			
			1			8		
3		9					1	
2	9				8			1
	8						4	
4	6	3						7
5	7		2				3	
9				7	6	5		
			8	3				

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WARRANTY | 3 year | SKU | 10AM0007US
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HDD | 500 GB | OS | Windows 7 / 10
WRNTY | 1 year | SKU | K6P19UT#ABA
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SKU | K1K50UT#ABA
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WARRANTY | 3year | SKU | DT.VHHAA.001
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SCREEN | 17.3"LCD(1920x1080)
SKU | PE70 2QE-214US
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CPU | i7-5700HQ | RAM | 12 GB
HDD | 1 TB | SSD | 128 GB
GRAPHICS | GeForce GTX 965M
SCREEN | 17.3"LCD(1920x1080)
SKU | GE72 2QE-091US
2 YEAR WARRANTY

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WARRANTY | 1 year* | WEIGHT | 5.2 lbs
SCREEN | 15.6" HD LED | RESOLUTION | 1366x768
SKU | 20DF002YUS ~~$699.99~~ **$549.99**

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CPU | i5-5200U | RAM | 4GB | HDD | 500GB
OS | Windows 7 / 10 | BATT | 9 hr
WARRANTY | 1 year* | WEIGHT | 5.2 lbs
SCREEN | 15.6" HD LED | RESOLUTION | 1366x768
SKU | 20DF0030US ~~$799.99~~ **$627.99**

Lenovo ThinkPad® Edge E550 i7

CPU | i7-5500U | RAM | 8GB | HDD | 500GB
OS | Windows 7 / 10 | BATT | 9 hr
WARRANTY | 1 year* | WEIGHT | 5.2 lbs
SCREEN | 15.6" FHD | RESOLUTION | 1920x1080
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N21 Chromebook
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RAM | 4GB | SSD | 16GB
SCREEN | ..... 11.6"
OS | ..... Chrome
BATT | 9.5hr
WARRANTY | ..... 1 year
WEIGHT | ..... 2.8 lbs
~~$254.99~~ **$239.99**
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HDD | 1 TB | SCR | 15.6"
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SKU | RNB-NX.MLFAA.004 ~~$419.99~~ **$389.99**

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HDD | 1 TB | SCR | 13.3"
OS | Windows 8.1 / 10
WARRANTY | 1 year
SKU | RNB-NX.MPFAA.005 ~~$599.99~~ **$579.99**

Acer *Recert* v3-572-78R3
CPU | i7-4510U | RAM | 8 GB
HDD | 1 TB | SCR | 15.6"
OS | Windows 8.1 / 10
WARRANTY | 1 year
SKU | RNB-NX.MNHAA.004 ~~$799.99~~ **$599.99**

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HDD | ..... 320 GB
OS | ..... Windows 7 / 10
GPU | .. Radeon HD 8450G
WARRANTY | ..... 1 year
SKU | 20B20011US
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